



Safe Lifting

THE TAKEAWAYS

If you remember nothing else about this training, at least remember the following.

1. Warming up reduces the risk of injuries.
2. When lifting, keep good posture. Lift with your legs, not your back.
3. Pivot, **don't twist**.
4. Always ask for help if a load is awkward or too heavy.



TEST YOUR KNOWLEDGE

1. **Back injuries can have devastating effects on your lifestyle and ability to work.**
 - A. True
 - B. False
2. **Warming up is a good way to help prevent back injuries.**
 - A. True
 - B. False
3. **Before you begin to lift a load, you should _____.**
 - A. Size up the load by trying to move it with your foot.
 - B. Just go right into lifting without checking how heavy it may be.
 - C. Bend at the waist to check how heavy it is.
4. **Some of the general causes of back injuries include:**
 - A. Poor posture, heavy lifting, and twisting
 - B. Reaching and lifting, slipping, bending
 - C. Improper lifting techniques
 - D. All of the above
5. **Some ways to prevent back injuries from occurring are:**
 - A. To pivot, don't twist
 - B. To hold your breath
 - C. To use your legs to lift, not your back
 - D. Both A and C. You should not be holding your breath when you're lifting, and you should never twist your body.
6. **Pivoting means turning on your feet to keep it aligned with your body.**
 - A. True. It is important to avoid twisting. Remember, it's one of the common cited movements in injuries.
 - B. False
7. **It's ok if my view is obstructed if I know where I'm going.**
 - A. True
 - B. False

Name: _____ Site: _____

Date: _____